



ISLAND ENTERPRISES INC

Weaving a strong business foundation for the Squaxin Island Tribe's future.

We at the Island Enterprises family of companies want to share some of the exciting things we're doing to protect and strengthen the Tribe's future through economic development. We know the Tribal community relies on us to produce stable revenues, and we want to share information with you so that you know what we've been doing and where we're headed.



Annual General Body Meeting May 4, 2013

Little Creek Events Center

Sign in starts at 8:30 a.m.

Lunch will be served at noon

Elections will be held for:
Tribal Council Vice Chairman
Tribal Council Member #3

Per Tribal Council, the General Body Meeting
is for TRIBAL MEMBERS & SPOUSES ONLY.
Enrollment will be checked at the door.

For more information contact the tribal center at 360-426-9781

What We're Doing Now

Mostly, we're busy with the day-to-day tasks of running businesses to generate taxes and profits that fund tribal government programs and services, provide for Elders distributions, and allow us to reinvest in economic diversification. Every employee in every job throughout the family of Enterprises companies is essential to our ability to do this. From the people who greet and serve customers at our retail stores and gas stations, to the people who maintain and operate the cigarette makers and packers, to

Continued on Page 6

2013 Candidate Forum Information Sessions

Tuesday, April 16th at 5:00 p.m. &

Tuesday, April 30th at 5:00 p.m.

Elders Dining Room

Tribal Members who are running for a Council position at this year's General Body meeting are encouraged to declare their candidacy and to participate in these information sessions. Your tribal member voters want to hear from you!

This year, the forums will be a more informal open-floor format allowing candidates to share their views about important topics and to answer questions from the general body.

Come learn more about your potential future leaders!

If you have any questions about the forums, please call Sally Brownfield or Mitzie Whitener at 360-426-9781.



Squaxin Elders

Little Creek Casino and Resort is offering event tickets to Squaxin Elders. If you are interested in attending any upcoming event or have questions, please contact:

Janita Raham, Elder Site Manager
360-432-3972 or jraham@squaxin.us

(Do not contact the Casino directly)

This program is subject to change or be cancelled at anytime.

Reminder

Squaxin Island Tribal Elders (55 and over) and spouses are invited to the Little Creek Casino sponsored Buffet dinner on the third Thursday of every month at 6 pm. Tribal Elder just needs to give their name to the cashier.

Upcoming dates

April 18, 2013, 6:00 PM

May 16, 2013, 6:00 PM

Please contact Janita Raham,
Elder Site Manager

360-432-3972 with any questions

A Special Thank You

Thank you to the clam diggers who help Tribal Elders get their limits and pack the clams! You are so very much appreciated!

- Linda Lake and Squaxin Elders



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3649
FAX: (360) 426-6577

www.squaxinisland.org



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
RAY PETERS: 1st Council Member
JIM PETERS: 2nd Council Member
CHARLENE KRIZE: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us



A Night of CHOCOLATE AND WINE

Tickets can be purchased at Little Creek Casino Resort Players Club 360-432-7300

Waves of Perfection Museum Auction

April 6th, 2013 3-6pm

An evening of chocolate and wine features gourmet chocolate and wine tasting. Each wine is expertly selected to complement and enhance the nuanced flavor of the chocolate.

\$25 in advance, \$30 at the door. Proceeds benefit the Squaxin Island Museum Library and Research Center.
150 SE Kwuh-Deegs-Altxw Shelton, WA 98584

Must be 21 or older.

Mention "Waves" or show your ticket when making Hotel Reservations at Little Creek Casino Resort and Receive a special room rate for the night of April 6th 2013

LITTLE CREEK
CASINO • RESORT
www.little-creek.com

For more information please call 360-432-3843
For Hotel Reservations 1-800-667-7711


www.squaxinisland.org



NATURAL RESOURCES



Natural Resources Auction Items Open to Tribal and Community Members

Written sealed bids need to be submitted to Melissa Puhn at the Tribal Center by April 15, 2013. Bids will be opened, Wednesday, April 17th.

All bids not meeting the minimum reserve bid will be disqualified.
If there are ties, tribal preference will be given, then a drawing will be done.

Deliver your bids or mail them to: Squaxin Island Tribe, ATTN: Melissa Puhn, 10 SE Squaxin Lane, Shelton, WA 98584. If you mail in your bid, please call Melissa at 360.426.9781 so she can make sure it makes it in the pool of bids. But it must be in by April 15th.

All winning bidders must pay for the item in full by April 30th. Payment can be via cash, check or debit/credit card (if using a card, a 3% fee will be added to the bid price to cover card use fees.) If you have questions about the items up for bid or want to view the items, please call Will at 360.280.2072 or Daniel at 360.432.3859.

Work Skiff, 200 Evinrude & Trailer
Reserve at \$6,000



Kennedy Creek center console skiff. (Trailer not included)
Reserve at \$800



2004 Evinrude 115
(E115FPXSR), unknown hours.
Reserve at \$1,400



2000 Johnson 150 w/ broken cowling
Reserve at \$1,800



Aluminum skiff including tandem axle trailer. Reserve at \$1,200





LEARNING CENTER



April

Squaxin YOUTH Education, Recreation and Activities Calendar

TLC hours: M-F 8:30am-5pm Front Desk: 432-3958

YOUTH Gym/Recreation hours: M-F: 3-6pm Rec Rm: 432-3275 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spring Break Day Camp from 9-3pm Open Swim: 3-6pm Baton: 3:30-9:30pm	2 Spring Break Day Camp from 9-3pm	3 Spring Break Day Camp from 9-3pm Open Swim: 3-6pm	4 Spring Break Day Camp from 9-3pm	5 Spring Break Day Camp from 9-3pm Open Swim: 5-8pm
8 Rec. Rm: 3-6pm Open Swim: 3-6pm Gym: Baton 3:30-9:30pm Free Clinic – 4:45-5:30pm	9 Rec. Rm: 3-6pm Open Gym: 3-4:45pm B-Ball (E): 4:45-5:45pm	10 GSD – ER @ 2:15pm Rec. Rm: 2:30-6pm Open Swim: 3-6pm Open Gym: 3-4:30pm B-Ball (M) Home @ 6pm	11 Rec. Rm: 3-6pm Open Gym: 3-4:30pm B-Ball (M): 4:30-5:30pm	12 Rec. Rm: 3-6pm Open Swim: 5-8pm Open Gym: 3-4:45pm B-Ball (E): 4:45-5:45pm
15 Rec. Rm: 3-6pm Open Swim: 3-6pm Gym: Baton 3:30-9:30pm Free Clinic – 4:45-5:30pm	16 Rec. Rm: 3-6pm Open Gym: 3-4:45pm B-Ball (E): 4:45-5:45pm	17 GSD – ER @ 2:15pm Rec. Rm: 2:30-6pm Open Swim: 3-6pm Open Gym: 3-6pm B-Ball (M) Away Game	18 Rec. Rm: 3-6pm Open Gym: 3-4:30pm B-Ball (M): 4:30-5:30pm	19 SSD –ER 1.5HRS Rec. Rm: 1:30-6pm Open Swim: 5-8pm Open Gym: 1:30-4:45 B-Ball (E):4:45-5:45
22 Rec. Rm: 3-6pm Open Swim: 3-6pm Gym: Baton 3:30-9:30pm Free Clinic – 4:45-5:30pm	23 Rec. Rm: 3-6pm Open Gym: 3-4:45pm B-Ball (E): 4:45-5:45pm	24 GSD – ER @ 2:15pm Rec. Rm: 2:30-6pm Open Swim: 3-6pm Open Gym: 2:30-4:30pm B-Ball (M) TBA	25 Rec. Rm: 3-6pm Open Gym: 3-4:30pm B-Ball (M): 4:30-5:30pm	26 Rec. Rm: 3-6pm Open Swim: 5-8pm Open Gym: 3-4:45pm B-Ball (E): 4:45-5:45pm
29 Rec. Rm: 3-6pm Open Swim: 3-6pm Gym: Baton 3:30-9:30pm Free Clinic – 4:45-5:30pm	30 Rec. Rm: 3-6pm Open Gym: 3-4:45pm B-Ball (E): 4:45-5:45pm			
After school snacks: M-F 4-4:45pm Computer Lab: M-Th 3-6, F 3-5pm Sylvan: M-Th 4:30-7:30pm Homework Help, GED Prep: T-TH 4-7pm		Key ER = Early Release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha'Buts Learning Academy		Key for Basketball (M)= Middle School 7 th -8 th (E) = Elementary 4 th – 6 th

REMINDER:

Tutors are available everyday afterschool from 3:30-5:00pm.

Homework Help is every Tuesday, Wednesday & Thursday from 4:00-7:00pm in the TLC classroom





Education Department Update

From Gordon James

The department will have a new Higher Education Coordinator, Office Assistant and Teen Advocate in the month of April. We look forward to introducing them to everyone when it's official. Other announcements:

- Higher Education. Official grades for winter quarter are due April 5th. If you haven't already completed your FAFSA for the 2013-2014 school-year, it is important to get this submitted ASAP. If you have any questions about higher education programs of the Tribe, call the TLC at (360) 432-3882.
- Job Training and Placement. The Education Department has funds available for those taking a vocational or job related training class or short course to earn certificates or to enhance their job skills.
- Sylvan. There have been a number of absences recently for our Sylvan program. There is a great benefit for the kids who attend the program so we'll be following up with every family to make sure the schedule is still working for them.
- Tu Ha' Buts Learning Academy (TLA). For those under 21 who are not in school but would prefer to work toward a high school diploma, the TLA program can accommodate this through a partnership with the East Valley School District in Spokane. Students in this program can work online, independently at home, or in the TLC classroom.
- Facebook. I also want to offer a reminder about the TLC Facebook page. It's one more way for the department to provide announcements about the anything and everything going on. Check out our Events page at www.facebook.com/TuHabuts. This is where you can find the latest schedule changes, information on upcoming activities, and general information about TLC services.

By Jamie Burris

GED Preparation Classes are held Tuesdays, Wednesdays and Thursdays from 4:00 -7:00 p.m. in the TLC classroom. I am here to help you take practice tests, identify what subjects need further study, identify specific skills needed and help you work through any and all areas needing further study. The classes at the Tu Ha' Buts Learning Center are for preparing yourself for the GED tests, which can be taken at either Olympic College in Shelton or South Puget Sound Community College in Olympia.

Homework support and tutoring are offered in the classroom of the Tu Ha' Buts Learning Center Tuesdays, Wednesdays and Thursdays, beginning at 4:00. I am here to help you with any projects, essays or homework you may have throughout the school year. I will also help you study for upcoming tests. Please feel free to drop in; you don't need an appointment to receive help from me.

For more information or if you have any questions, please feel free to contact me: Jamie Burris (360) 292-3301 or email me at jbarris@mcclary.wednet.edu.

By Jerilynn Vail

The month of March sure kept the kids busy in the after-school program. We averaged 20-25 kids every day, and was great to see all the kids every day. Mondays have been for baton in the gym; the kids in the after-school program have enjoyed taking the free baton clinic from 4:45-5:30 p.m. It is great to have the Fantasia Twirling back.

We are continuing to have basketball practices. Tuesday and Friday is for grades 4th – 6th from 4:45-5:45 p.m. Wednesday is now our intertribal basketball game days for the next few weeks with Thursday from 4:30-5:30 p.m. for practice for grades 7th -8th. Our

team will be traveling to play against other intertribal teams, and we will also host games here. We look forward to seeing families cheering on the kids. I don't want to forget the 11 & U kids who played in the Nisqually basketball tournament and played their hearts out! They never once gave up and kept playing until the buzzer sounded at the end of the game. We shared ice cream to make sundaes to celebrate how proud we are playing as a team.

This month we have some basketball tournaments scheduled. The 11 & U will go up to Muckleshoot the weekend of the 19th. The 14 & U are traveling to Lummi the weekend of 19th and to Puyallup the weekend of the 26th. We will make sure to share some pictures next month. In addition to our basketball tournaments, we plan to have our staff joining open swim from 5:00 to 8:00 p.m. on the 19th.

In March the kids were busy building TerraAqua to watch flowers start to grow from seeds, decorating some flower pots, and participating in several cooking projects that all the kids seemed to enjoy.

Spring Break is already here. During Spring Break the kids will be planting seeds in the flower bed to enjoy some colorful flowers later in the year. We have a field trip planned to Wolf Haven International in Tenino and explore the Mimi Mounds, and add in two swimming days to the break. Springtime is always an exciting time of the year!

Memorial Service for Ronnie James Rivera-Johns

April 20th
10:00 a.m.



Give-away

Blessing of Headstone
Squaxin Island Tribal Cemetery

Please join us for brunch
Following after the cemetery at the Mud Bay Shaker Church



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the drivers who deliver our seafood and tobacco products, to the people whose friendly voices answer phone calls from members, customers, and vendors, to the oyster shuckers, stockers, accountants, security officers, and so many others, every employee shares in the credit for the strong revenues we produce for the Tribe. These are just a few of the dedicated, hardworking employees contributing to the Tribe's future every day.

Our team is also facing some challenges in the current economy. Smoking is down nationally, and so we've seen a reduction in cigarette tax revenues and sales of tribal cigarettes. Gas prices are up, so people drive a little less and buy less gas. But our diversification helps make us strong, and we also have a lot of smart, capable employees who are working hard to find cost savings, and to make sure we bring in new customers and keep the ones we already have. We know the community is relying on us, and we take that work seriously.

Just like families here and across the country, we're tightening our belts. Sponsorships, conference travel, and other expenses are being reviewed to make sure that we're getting value for our money. We're renegotiating and putting vendor pricing out to bid where necessary. Many of the savings we're finding are coming from ideas that employees bring forward. We'll keep doing this work to make sure our businesses are performing the way the community expects them to.

Where We're Headed Next

Tribal Member Advancement. Throughout the Enterprises family of companies, we're proud to have a lot of Tribal members in key positions. Salish Seafoods, Skookum Creek Tobacco Company, Ta-Qwo-Ma Business Center, and the Community Kitchen are all headed up by Tribal Members. Our KTP stores have many Tribal members in assistant manager and lead positions, and Tribal members serve as Chief Operations Officer, Human Resources Director, Marketing Coordinator, Office, Facilities and Property Coordinator, Operations Manager, Brand Manager, and in many other key positions throughout our companies. Our managers are committed to ensuring that Tribal members have the skills and experience to move into additional key positions in the future. This doesn't happen overnight, but in the coming year we'll be creating development plans and training programs so that Tribal members have a clear path to achieve their professional development goals.

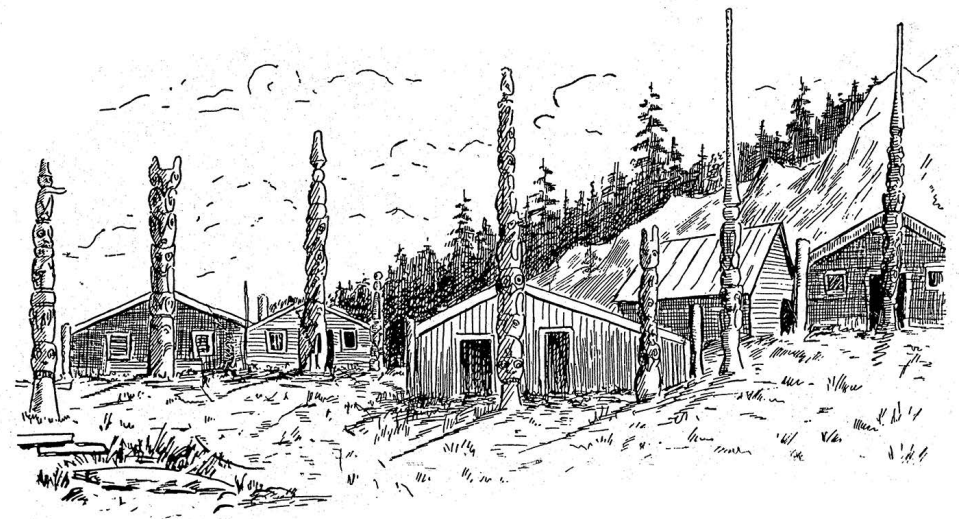
Fuel Station Improvements. In the next two to three months, we will begin selling Shell brand fuel at the main KTP station, and keep the Express station unbranded. In past years the brands required significant changes to the canopy and other elements of the station, but that's not true anymore. We can keep the existing look with the addition of a few small signs, a decal on the doors, fresh decals on the pumps, and a few other minor changes. We can also keep our own uniforms or use Shell uniforms with our own logos, and employees will be involved in the design of new uniforms if we make a change. We also crunched all the numbers carefully, and we will save money on credit card fees, fuel delivery charges, and the distributor's margin. Our prices shouldn't go up, and may even go down a little. There are also some upfront funds from Shell and the distributor, and we'll use some of those for a grand opening event

and to freshen up the store. We'll keep the Tribal member and employee gas discounts exactly the way they are today, but we hope to be able to add additional discounts through Shell's loyalty programs in the next year or so. Overall, making the change to branded gas at the main KTP store should provide a better product, result in increased fuel sales, and therefore provide more fuel tax dollars to the Tribe.

Focus on Quality at Skookum Creek. Skookum Creek Tobacco has some very skilled employees, including a dedicated group of Tribal members who are focused on improving the quality of the company's products. Employees and management have worked together in the past few months to step up quality assurance efforts at the factory, and their work shows in the improved quality of the cigarettes and packaging. Tribal members have been promoted, and staffing has been restructured to improve efficiency, and that work will continue. This is more important than ever as smoking rates decrease and pressures on the industry grow.

Salish Seafoods Investing in the Future. Salish Seafoods is working to obtain seed and improve growing methods to increase shellfish production. These investments will have significant payoffs for the Tribe many years into the future. We'll have more to report in the coming months.

Strategic Planning. Businesses fail all the time for a wide variety of reasons. We know the community is counting on us to make good decisions and invest resources wisely. In the coming weeks we'll begin our longer term strategic planning, looking for additional ways to strengthen existing businesses and new business opportunities that make sense for the Tribe. Our priorities will be creation of good jobs with advancement potential for Tribal members, and businesses that have a high likelihood of success and good return on investment. We'd like to hear from community members and employees who have business ideas, so please don't hesitate to reach out to us anytime. Your CEO, COO, managers and directors all make it a priority to meet and talk by phone or e-mail with any employee or community member who wants to know more about our operations or has ideas to contribute.



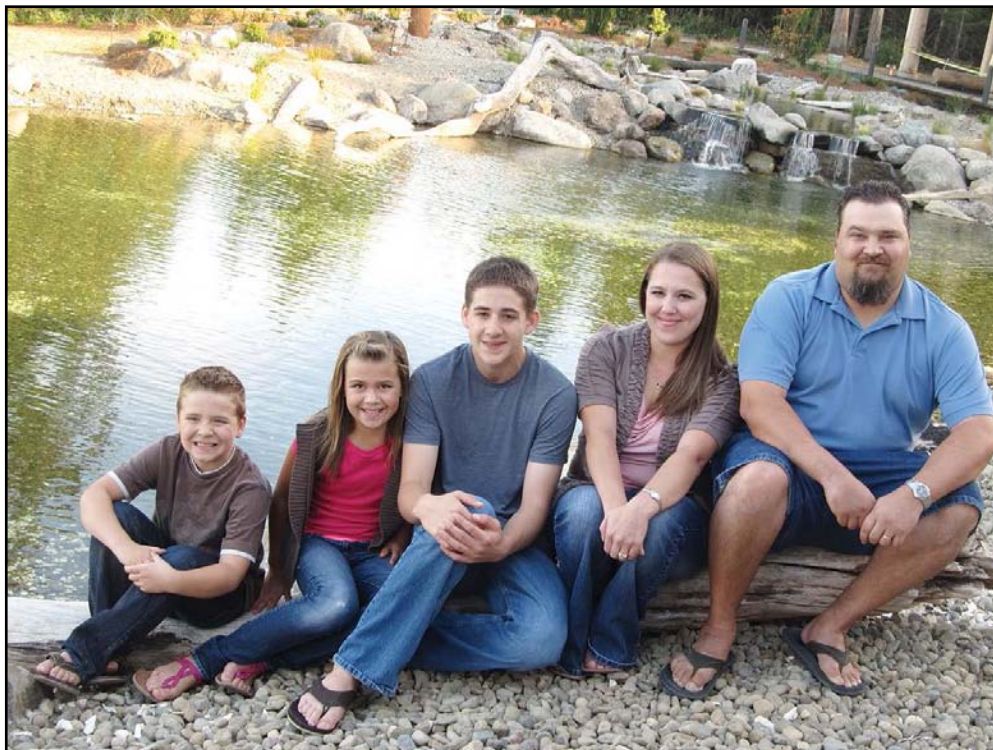


Squaxin Island Tribal Member Employee Spotlight

Little Creek Casino Resort considers professional development of Squaxin Island Tribal Members a priority. The Squaxin Island Tribal Member Apprentice Program was created to proactively promote career development opportunities and assistance to SIT member employees during their employment at Little Creek Casino Resort.

We would like to introduce one of our driven team members, Rickie Ramage; a dedicated tribal member and employee of Little Creek Casino Resort. Rickie started her journey with Little Creek Casino Resort in 2005, as a Hotel Guest Services Representative.

Being a positive and motivated individual Rickie progressed within the hotel to become a Guest Services Lead. She eventually transitioned to the Hotel Sales Department. During this time, Rickie was also an active participant of the Squaxin Island Tribal member development program (later officially SIT Apprenticeship Program). With the interest to learn all aspects of the industry, Rickie seized the opportunity to utilize her talents within the Banquet department as the Banquet Coordinator. With her proven record and successful coordination of the Banquet Department, Rickie was promoted to the Catering Manager. She has taken on the challenge with drive and enthusiasm. She is open to learning all aspects of running a successful department and has become a great asset to the Food and Beverage Department!!



Interview Questions

Q - Rickie, what keeps you motivated?

A - I decided to move to Washington to reintegrate myself with the tribe with the hopes and dreams of making a difference for my fellow tribal members. I love to learn and have been motivated to continue my education every day of my life. It is important to me to create a bright future for my children and to be a part of something bigger than myself. That amazing feeling of being a part of something bigger than myself has motivated me to get involved in other aspects of the community. Besides my work at Little Creek Casino Resort; I am also involved in the Child Care Board of Directors, the Education Commission, and the Elections Committee.

Q - What type of support has the Tribe and Casino offered you in terms of development and advancement?

A - I was extremely grateful to the Casino for the job opportunity of Hotel Guest Services Representative back in 2005. I was just happy to have a steady job and was willing to do what it took to be a great representative of the tribe and the Casino. The Squaxin Island Tribal Member Development program was an amazing opportunity to me. Because of this opportunity I feel that my managerial soft skills and confidence grew a lot. The Casino also forwarded me the opportunity to be a part of the first Tribal Enterprise Gaming Management Certificate Program through Tacoma Community College. During the 49 weeks in the program I not only learned invaluable information regarding all aspects of the Casino Enterprise I also gained the confidence to return to school full time. After the Tribal Enterprise Gaming Management Certificate Program I enrolled full time at Grays Harbor College in the Reservation Based Community Determined Program. I would not have been able to finish with my Associates in Arts Degree without the financial help from Tribal Council; yet another wonderful opportunity afforded to me from the Tribe. After receiving my degree I did restart my Career as the Banquet Coordinator and quickly there after I was promoted to the Catering Manager. If it weren't for my strive to better myself, to learn all that I can, and the wonderful opportunities afforded to me from the Tribe and the Casino there is no doubt in my mind that I would not be where I am today.

Q - What are your future plans?

A - Short term goals are to move off the reservation and to own my home with my husband and my children at my side. We originally moved to the reservation because we were not in exactly the best place financially. By living on the Reservation the past 7 years we have grown and learned what it takes to be financially responsible. I am looking forward to vacating my house, on the reservation and opening that up to another young family who needs the extra boost to move forward in their lives as well!

Q - Do you have encouragement or advice for Tribal members pursuing career advancement?

A - The best piece of advice that I can give is to hang in there! Pursue your education; have a great work ethic; don't be afraid of sacrifice; and to keep your dream in view. If I can do it anyone can!!



Teen Substance Abuse and Treatment

Being a teenager is often a confusing, challenging time, which can make teens vulnerable to falling into a destructive pattern of drug use. While most teens probably see their drug use as a casual way to have fun, there are negative effects that are a result of this use of alcohol or other drugs. Even if adolescent drug use does not necessarily lead to adult drug abuse, there are still risks and consequences of adolescent drug use. These negative effects usually include a drop in academic performance or interest, and strained relationships with family or friends.

Adolescent substance abuse can greatly alter behavior, and a new preoccupation with drugs can crowd out activities that were previously important. Drug use can also change friendships as teens begin to associate more with fellow drug users, who encourage and support one another's drug use. For adolescents, these changes as a result of substance abuse signal a problem in the teen's environment, and should be seen as a call to action for parents, teachers, or friends to seek help for their loved one.

Seeking Help

The sooner you can recognize that your teen is abusing alcohol or other drugs, the sooner you can seek help. Make sure to keep track of your teen, their friends, and where they are going. While your teen will probably call you a nag or become annoyed with the constant questions, it is more important to make sure that you know what is going on in your child's life, so that if a problem does arise you can take rapid action.

There are some things to look for in your adolescent's behavior that may be indications of drug use, which include changes in appearances, friends, behavior, and interests. Indications of substance abuse may include:

- Physical evidence of drugs or drug paraphernalia
- Behavior problems and a drop in academic performance
- Emotional distancing, depression, or fatigue
- Changes in mood, eating patterns, or sleeping patterns
- Change in friendships
- Increased hostility or irritability
- Decrease in interest in personal appearance
- Lying or increased evasiveness about school or weekend activities

If your teen exhibits these behaviors, they may have a problem with substance abuse, and the sooner you seek help for them, the better.

Treatment

Once teens start using drugs, they are not usually motivated to stop. For many teens, drugs are a pleasurable way to relax and fit in. For teens, drugs also don't represent a serious threat because teens typically have the mentality that they are invincible. Because of this, it is important that parents and friends are involved in encouraging adolescents to enter treatment in order to help them achieve a drug-free lifestyle. Without this support, it is unlikely that teens will seek help for their drug problem.

There is a variety of treatment programs for adolescent substance abuse, and when seeking help for a loved one, it is important that the treatment program that you choose suits their individual needs.

Treatment for adolescent substance abuse usually includes:

Detoxification: Detoxification is for adolescents who need safe, medically supervised relief from withdrawal symptoms when they first enter a rehabilitation program.

Residential Rehabilitation: Residential rehabilitation is for teens who cannot stop using drugs without 24 hour supervision. Teens in residential rehab are individuals who have continued to use despite knowledge of the risks and consequences, or have continued to use despite previous attempts to stop. In a residential rehab program, these teens can learn and practice new skills that will help them in recovery. Residential programs may include individual and group therapy, 12-step programs, and relapse prevention.

Intensive Outpatient Program: Intensive outpatient programs are for teens who have committed to staying drug free, but need treatment after school to prevent use and promote recovery. These programs can also include adolescents who have already completed residential treatment, but feel that they need further support in the transition back into daily life. These programs usually rely on support from friends and family.

Aftercare/continuing care: These programs are a very important part of recovery, and help adolescents to maintain a drug free lifestyle. These programs usually include family support groups, or alumni support groups of people who have also completed a treatment program to provide support for the adolescent in recovery.

These treatment programs are designed to teach teens the skills that will help them to maintain their recovery and to sustain a drug-free lifestyle.

Source: <http://www.teen-drug-abuse.org/teen-abuse-treatment.htm>

****Please contact the Squaxin Island Behavioral Health Outpatient Program (BHOP) for additional information and treatment options. 360-426-1582**

Winning at Parenting
Sponsored by Squaxin Island Family Services

What: Free Parenting Class

Where: Squaxin Island Gym

When: Monday starting April 15, 2013 6:00 pm
6 weekly classes
Free Dinner and Child Care provided

Door Prizes!!

Why: We all need extra support with parenting. It is healthy to learn new ideas and parenting skills.

To Sign up Call: 360-432-3886





HAPPY 77TH BIRTHDAY EMMA JEAN PICKERNELL





Running for Reelection Vice-Chairman Arnold Cooper



I have served as your vice chairman for the past six years. My education and ability to work with tribal government policy and procedures has gotten stronger and stronger. We need a strong and consistent government that listens and then acts within reason to make the changes needed for our people. I take time to visit the different departments of the tribal government to better understand the needs and concerns they have. This helps me to be prepared to make the right decisions during council meetings.

I am here to serve the community. After being elected as Vice Chairman, I gave up my regular job to make sure I have time to devote to my duties of representing all tribal members, not only in decisions made by council, but also supporting tribal member needs every day. I live right

here. I know the needs of our people and am always around to listen to tribal members. Every tribal member is important, no matter what family they are from or where they live. Our government must be strong for all.

I make myself available to the people and to functions of the tribe, such as welcoming visitors to our lands whether it is organizations having meetings and conferences here or cultural gatherings. I participate in canoe journey, being a support boat for four years. I support the resurgence of our traditions and would like to see a strong language program put into practice.

I am your council representative on the following boards and committees: Family Wellness Team, Housing Commission, Hunting Committee, Fish Committee, Fireworks Committee, Little Creek Oversight Board (LCOB), Island Enterprise Board and SPIPA Board. Besides being on these boards and committees, I also have a strong interest in our youth. We need to strengthen our education programs, get an early learning program going without delay and expand recreation programs for our youth.

As a community member, I see many needs. As a hunter these needs are always on my mind. This year as in past years I donated elk to support the treatment center, to individual families that can not get out and hunt and for use at tribal funerals and cultural gatherings.

I take representing our Squaxin Island Tribe in a good way very seriously and strive always to put our people in a good light with others, whether it be here at home, visiting other tribes or at state and national meetings.

You need a strong voice and balance on the council. With your vote I will continue to listen, represent you and work to improve services for all tribal members.



Running for Vice-Chairman Whitney Jones

Hello, my name is Whitney Jones and as you may have heard I am running to be your Vice-Chairwoman. I am deeply committed to our community which is why I am honored to answer the call to serve. Over the past 15 years I have worked for the Tribe as your Health and Human Services Director and Deputy Executive Director of Tribal Government and now as the Director of the Business Center at IEI and have served on several committees and boards including Education, Aquatics, Island Enterprises and Little Creek Casino Resort. A Master's Degree in Tribal Governance and a Bachelor's Degree in Business Administration allow me to bring strong management and planning skills, as well as compassion and an inclusive approach to the Tribe.

There are many issues facing us today and in the future and I wanted to touch on a few here as we head toward Election Day.

Growth: It is critical that the Tribe keep progressing and providing services to support its members and community. I can help bring balance and stability to the planning process for future growth. We will continue to be a strong and resilient Tribe for our children, elders, and all future generations.



Communication: Information flow is key to a strong and unified Tribe. The General Body should know what is going on and why. I will work to make sure information is available to you and that you are aware when issues impacting you are being discussed.

Availability: It is our job as leaders to listen and respond. I will be an available resource in our community to bring questions and concerns to the Council for discussion. As your Vice-Chairwoman I can assist and support the Chairman in leading the Tribe through community, state, and national matters as well.

Thoughtfulness: Meeting our current needs and preparing for the future requires being thoughtful, balanced, and providing perspective. Answers aren't always easy to come by, but I will apply every effort to give them to you quickly and openly.

These are just some of my initial thoughts; I look forward to talking with you more in the next few weeks about what I can bring to our Tribal Council. Thank you for your support.



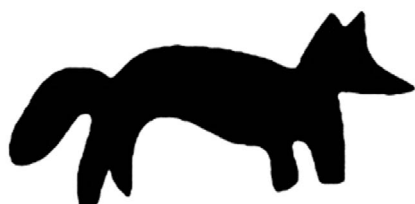


RUNNING FOR TRIBAL COUNCIL



Running for Vice-Chairman Billy Hagman

Hello, my name is Billy Hagman, and I would like to announce that I will be running for the position of Vice Chairman in this upcoming election in May. I hope to bring a fresh look at what our tribe's needs are, and being directly out in the community every day gives me a unique perspective on what this tribe needs to be successful in the future. I look forward to seeing you all at General Body, and look forward to your support in the election. The time for change is here. Let's stand together and push for a better tomorrow. It is our time to make a difference. Thank you all very much.



Hello Squaxins and community of families!

My Government name is Russell Harper, and my Indian name is tee-wee-wahas.

My mother's name was Martha Anne Whitener and my Grandmother was Ethel Martha Anne Whitener. My Great Grandmother was Annie Krise.

I am writing to inform the Squaxin community that I will be running for Tribal Council in May, and would like to mention my qualifications:

- Bachelors of Arts degree in Business Administration
- Certification from the University of Nevada, Las Vegas in Executive Development
- Two-year degree from Antioch University in group dynamics
- Seven years management at Shelton Safeway
- Four years as an executive in the gaming industry and 3 years as Tribal Council Treasurer
- 35 years working in the treaty rights industry and Squaxin cultural events



As a people, we must seek the knowledge to create positive change for the Squaxin, present and future. We, as a people, are carrying our cultural past with us along the Journey.

Priorities for the tribe and building a brighter tomorrow must be the language we are speaking at the council table and to each other.

I will always advocate for employment and jobs for tribal members and truly say there should be ZERO unemployment. If elected, I will advocate for benefits that fit the tribal needs and accountability for all areas within the tribe.

I recall when those building the gaming opportunity and other business enterprises began to understand that we, as a Native people, come from a natural resource based economy. Promises were made detailing how the leadership would guarantee succession planning, mentorship, and on-the-job training. Instead, we received the "sink or swim" mentality.

I vow to advocate for employment and training needed to prepare the present generation and the next to succeed into the family business with pride and ownership.

Ask yourself this question. "Is the next generation ready to step into all that we have? Gaming, government, retail and future planning" I say this loudly, "We must prepare for the future by lifting up our tribal members to succeed into their family responsibilities."

I vow to pursue the needs of education. We must shape the stepping stone to tribal ownership in all areas of employment.

We need a legacy that builds on a culture that formulates opportunities for tribal entrepreneurs.

We must bridge the gap between the tribal council and the tribal people.

We must not move any farther forward without structuring an opportunity to care for and build an elder's care center.

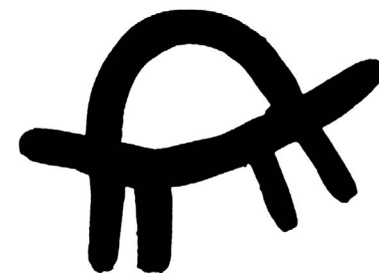
We must have businesses that can

stand on their own and not be subsidized at the cost of others and other tribal businesses.

There is so much to do, so much to accomplish. I have the experience, and have reinvented myself to fit the needs of the tribe. I have a plan, and am hoping to find the opportunity to accomplish and speak out as a tribal member and tribal council member.

We are a tribe that is small enough to respond to change at lightening speed.

I seek to be elected to do something - not to be something.



Tribal Council Resolutions

13-02: Enrolls Zaiden Jimmie

13-03: Directs the Squaxin Island Membership Roll be corrected by increasing the blood quantum of Keona Anahoi Rocero to 9/16 Indian blood, and that such correction be submitted to the Bureau of Indian Affairs for purposes of entering the correction in the People Network System.

13-04: Approves agreements necessary for purchasing 40 additional gaming machines for LCCR

13-05: Authorizes SPIPA to submit a proposal to the Susan G. Komen Breast Cancer Foundation for an education and outreach Program.

13-14: Approves documentation pertaining to construction of an access road for the upcoming Natural and Cultural Resources Building



New Employees



Jessica Cruz
Youth Activities
Manager Assistant

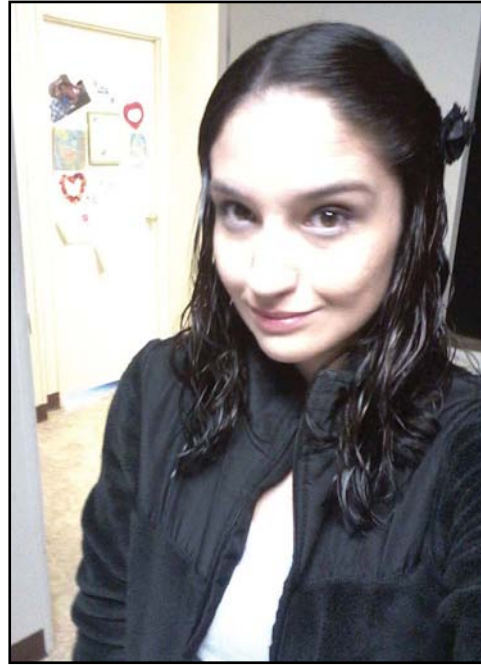
Hi, my name is Jessica Cruz. I have been hired to work at the Learning Center as the Youth Activities Manager Assistant.

I am from the Krise family. My grandmother is Evelyn Krise-Miller from Squaxin Island. My grandpa is Buddy Miller from Skokomish Tribe. My mother is Lea Krise and works for the Squaxin Island TANF program.

I am excited to work with the tribal and community children. The children bring to me much happiness. I look forward to mentoring them. I enjoy participating in the youth activities. I am a team player. I hope to be an asset to the Learning Center.

I thank my tribe for giving me this opportunity and privilege to be a representative for my family and community.

I served for three years on Squaxin Island Youth Council. I look forward to working with the youth. Have a wonderful day everyone. huy



Susan (Wicket) McFarlane
TANF Case Aide

Hello everyone! My name is Susan McFarlane. Most of you know me as "Wicket." I'm a Squaxin Island tribal member. My grandmother is Theresa Cooper-Nason. My parents are Larry McFarlane Sr. and Susan Faye Henry. My siblings are Theresa Johns, Connie McFarlane, Misti Saenz-Garcia and Larry McFarlane Jr.

I have five wonderful children whose names are Sophia, Monique, Anita, Ana, and Anthony. My fiance is Patrick (Moose) LaClair from the Skokomish Tribe.

I've worked here at the Tribe off and on since I was 14 and now I'm back working with the TANF program as a Case Aide. I've always had a passion for helping people, so I'm very excited to be joining the Family services department!

I look forward to working with you, so if you're ever in the TANF building, feel free to stop in and say hello. :) Huy



Kurt Poste
Elders Activities Coordinator

Hi, I'm Kurt Poste, and I've been hired as the Elders Activities Coordinator Assistant/Caregiver Support Specialist for the Family Services Department.

My parents are Charlene Krise and Bart Poste. I have three sisters: Erika Thale, Astrid Poste and Aleta Poste.

It's exciting to have a consistent paycheck, having a day job, and my days off.

If you are a young person, get a job and try to stay with it or move to another job. It's unpleasant to realize that you could have made \$30,000 in a year just for showing up.



Elizabeth Heredia
Elders' Services
and Activities Coordinator

Greetings to all! My name is Elizabeth Heredia. I was blessed with the gift of life from Emma Jean Pickernell Valle, and raised and adopted by Miguel and Guadalupe Heredia of Weiser, Idaho. My grandmother was Hazel Bagley.

I am very happy to have this unique opportunity to work closely with all of our Honored Elders of Squaxin Island Tribe. I had been working through SPIPA at the Squaxin Health Promotions Building in the Women's Wellness Programs doing outreach for mammograms and other women's health programs.

Honor and respect for Elders was ingrained into me in the culture I was raised in. I am happy to see that in our native culture as well. I am learning more about my native culture each day and feel blessed to have this opportunity to come "home" in the Autumn of my life and reclaim my heritage. I feel our Creator has placed me at the right place at the right time. Now, I need to open my heart and spirit to the path He has placed me on and walk with my Elders toward days filled with good healthy activities and be able to share with our youth the wisdom of the years of life we have been gifted with so far.



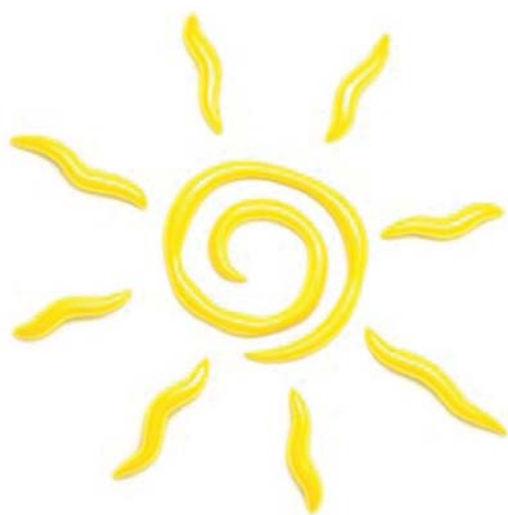


Kevin McCullough
Network Administrator

Hello, my name is Kevin McCullough. I am working as the System Administrator in the Information Services department. Most recently I have been working in cabinet manufacturing while taking classes for a BS in Information Technology at Western Governor's University.

I graduated from Shelton High School in 2005 and now live in Lacey with my beautiful wife and our two wonderful dogs. I am very excited to be working for the Squaxin Island Tribe and I look forward to the challenge of starting in a new career direction. Working with technology has always been my passion and I am excited to be able to work with technology every day.

I look forward to meeting and working with all of you!



Summer's Coming



SKOOKUM CREEK
TOBACCO
FACTORY OUTLET STORE

APRIL
"SPRING SPECIAL"

COMPLETE CIGARETTES

\$10.00 DISCOUNT ON 1ST CARTON
\$15.00 DISCOUNT ON 2ND CARTON

TRADITIONS CIGARETTES
"Additive Free" – (BLUE OR YELLOW)

Pay FULL PRICE ON 1ST CARTON
Buy 2nd CARTON FOR 1 CENT (\$.01)

Located at the factory
Hours: M - F 9 AM - 3 PM
MUST SHOW TRIBAL MEMBERSHIP CARD
(\$.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)

Fireworks stand sign up is now!

The drawing will be held
Thursday, April 11, 2013
in the Administration Building.
19 spots available.

Permit fees this year are \$450

Permit fees, License fees, fines, penalties and taxes must be paid by Tuesday, April 9th; and current by the time of the drawing

For more information contact the
administration building at 426-9781



Lemony Green Beans

This is a simple to make and full of flavor spring side dish that your entire family will actually enjoy.

Packed full of protein, fiber, folic acid and complex carbohydrates.

Hands-On Time: 15 minutes
Ready In: 15 minutes
Yield: 4-6 servings

Ingredients
1 pound green beans
2 tablespoons minced garlic
1/4 cup olive oil
Zest of 2 large lemons (yellow part only)
1/2 cup chopped fresh Italian parsley (optional)
1/3 cup lightly packed grated Parmesan
Salt and pepper to taste



Directions
For crunchy green beans, blanch them in boiling salted water for 1 minute. For softer beans, aim for 5 minutes. Either way, drain them, plunge them into ice water, and drain again thoroughly. Transfer them to a bowl.

In a small skillet over low heat, sauté the garlic in the olive oil just until fragrant, about 1 minute (do not let it brown). Pour the mixture over the green beans and add the lemon zest, parsley, cheese, and salt and pepper, tossing everything together. Serve warm or at room temperature. Enjoy!!

Submitted by: Melissa Grant-Diabetes Prevention
Recipe courtesy of www.disneyfamily.com

What are Complex carbohydrates?

Complex carbohydrates are those carbs that are made of three or more sugar molecules linked together. These carbs are found in vegetables, nuts, fruits, seeds and grains. They differ from simple carbs, like sugar, that are made of only one or two linked sugar molecules. Complex carbohydrates take longer for your body to break down than simple ones, which helps to maintain a steady blood sugar level.

Which Foods Are Complex Carbohydrates?

Complex carbohydrates should make up a large portion of your diet. You should aim for roughly half of your daily caloric intake to be derived from complex carbohydrates, with over half of these coming from whole grains. Starchy carbohydrates include foods such as:

Bread
Cereal
Rice
Pasta
Corn
Carrots
Dry beans
Potatoes

Additionally, green vegetables contain less starch and more fiber, making them a great choice to fulfill your complex carbohydrate needs. This includes vegetables such as:

Green beans
Broccoli
Spinach

Include these healthy choices in your diet, and increase your energy levels and health.



For more healthy recipes or information about the DPP please
contact Melissa Grant at 360-432-3926.





Tribal Diabetes Coordinators Meet at Squaxin Island



Left to Right: Candace Gruginski, Shoalwater Bay; Patty Suskin, Squaxin Island; Pat Odiorne, Chehalis, Janis Little Raven (Nisqually)(new). Thank you to the IT staff for setting us up with the laptop & the screen to participate in the I H S Diabetes Audit Webinar. Meetings are helpful to all as we share challenges & successes to best serve the people with diabetes in our communities. For a break, we enjoyed a walk around the beautiful new pond by the Tribal Center. We plan to meet again in the Fall.

FREE BLOOD PRESSURE SCREENING 2013

The First Thursday of each month



Blood Pressure checked by your friendly neighborhood firefighters

Where: Elder's building
When: 11:45am - 12:45 pm.
Everyone is welcome!



Why is active play important?

Active play helps your child learn healthy habits. There are many health benefits of active play, such as:

- Active children are less likely to weigh too much.
- Keeping your child active now helps lower the chance of developing chronic diseases like Type 2 diabetes.
- Activities, like running and jumping rope, help your child learn movement skills to develop muscles and strong bones.
- Active play can also help the mind develop. Playing "pretend" lets kids be creative.
- Active children are more likely to be happy and feel good about themselves. Children feel proud after learning how to bounce a ball or ride a bike.



Your child loves to move!

Encourage your child to play actively several times each day. Active play for children can happen in short bursts of time and can be led by you or your child. Active play can include playing on the playground, playing tag with friends, or throwing a ball.



Do you wonder if your child is active enough?

My child plays outside several times a day or inside where he or she is free to move.	Yes	No
I make sure my child's TV and screen time is less than 2 hours a day.	Yes	No
I make sure my child is actively moving for at least 60 minutes a day.	Yes	No
When actively playing, my child breathes quickly or sweats.	Yes	No

If you can usually answer yes to these statements, your child is probably getting enough active play.



U.S. Department of Agriculture
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Revised May 2012





How can you raise an active child?

- **Make active play fun for the whole family.** Let your child help plan the fun.
- **Focus on fun, not performance.** All children like to play. They will win when they move, have fun, and are active daily.
- **Set limits on TV and computer time.** Limit TV and other screen time to less than 2 hours a day, as advised by many doctors. Try reading during inactive time rather than watching TV.
- **Be active yourself.** Active parents tend to raise active children. You influence your child's behavior, attitudes, and future habits. Be more active and limit your own time watching TV. Set the example by using safety gear, like bike helmets.



As children grow, they may be ready for new activities.

By **age 2**, they can run, walk, gallop, jump, and swim with adult help.

By **age 3**, they can hop, climb, ride a tricycle or bicycle with training wheels and a safety helmet, and catch, throw, bounce, and kick a ball.

By **age 4**, they can skip, swim, and complete an obstacle course.

There are many activities you can do with your child.

Here are some ideas of how to be active with your child.
Write down your own ideas, too!

Indoor play

Act out a story
Turn up the music and dance
Walk inside a shopping mall
Play games, such as duck-duck-goose, hide and seek, follow the leader, Simon says
Your family ideas: _____

Outdoor play

Family walks after dinner
Play catch
Take a nature hike
Games in the yard or park
Kick a ball
Your family ideas: _____



For more great tips on these
and other subjects, go to:
ChooseMyPlate.gov/preschoolers/

Clinic events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at Elder's Building after Lunch

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Smart Shopping/ Food Label Workshops

Contact Patty to schedule
a family & friends session

Health Promotions Programs


We have exercise videos
in the building across from clinic
Work out alone, with us
or schedule a time for a group

Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight,
we can provide support.
If you are Native American and over 18,
see if you qualify to participate.

Next Mammogram Clinic

April 23rd
Call Elizabeth 432-3930



WIC
(Women, Infants, and Children)
provides healthy foods &
nutrition information for you and
your child up to age 5.

Please bring:
Your child, Provider One Card
or paystub and Identification for
you & your child

**Tuesday,
April 9th is
WIC DAY at
SPIPA**

**Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227**



Need ideas to enjoy the outdoors this spring?

Submitted by Patty Suskin, Diabetes Coordinator

Check these out:

(Computers are available for use in the Museum)

<http://www.squaxinland.org> click on "Government" then "Departments" & under Health Clinic click on "Outdoor Activities" for ideas of places to visit. Check out over 30 local hikes with directions on how to get there.

Here is another source for hiking:

http://www.co.mason.wa.us/forms/parks/trails_map.pdf

Want IHS health information?

Check out the printable materials from the IHS Diabetes website. Information available on hidden sugars, heart healthy habits, and more. Check back often for updates. From the IHS Diabetes Prevention & Treatment website: <http://www.ihs.gov/MedicalPrograms/Diabetes> Click on "printable materials" on the left side under "Resources" and "Client Education materials."

Watershed Park: A Gem of Nature in the City

What

Watershed Park in Olympia, 153 acres of trails, mature forest and pristine sections of Moxlie Creek right in the middle of town

Where

The main trailhead parking lot is on Henderson Boulevard, south of Interstate 5. There are other trailheads at Eastside Street and 22nd Avenue.

To do

Watershed Park is perfect for a quick hike during a rain break -- or even during a rainstorm. There is a 1.4-mile loop trail, and spur trails let hikers get in and out of the park --and to different neighborhoods -- in an hour or so. The trails have some steep climbs, so this is a great spot to keep your hiking muscles in shape -- and stay strong for winter sports. The fall and winter scenery is amazing, too, with rotting leaves underfoot, huge sprays of ferns on tree trunks and moss draping tree branches. The whole park shows that forest life doesn't end when it gets cold and rainy. Hikers quickly realize that much of South Sound looked like the park before human development. Hikers



ers can get glimpses of squirrels, raccoons and blacktail deer. The sound of running water -- whether it is dripping from the huge trees, burbling from 28 springs or running through Moxlie Creek -- is never far away.

To see

Watch for the giant maple and cedar trees as the trail descends from the traffic ruckus on Henderson Boulevard into the silence of the forest. Many of the huge tree trunks are coated with moss and ferns. Look for trees growing out of old cedar stumps or logs. One cedar stump still has the springboard cuts that some long-ago logger notched into the tree. Boardwalks and bridges cross over the many marshes, springs and creeks in the park. Moxlie Creek, which flows from the park, underneath downtown Olympia and into Budd Inlet, has runs of salmon, and lucky visitors might see spawning fish. At one point on the trail, a giant cedar and big maple tree grow out of the same spot. Their trunks meld into one another, and their roots intertwine right at the edge of the trail. At another spot, an oval hole is at the base of a small cedar tree.

Hike details

This trail can be steep, and it has stairs at some parts. The city of Olympia has installed excellent trail markers and some interpretive signs. This trail is not suitable for those who use wheelchairs. Benches are at some scenic spots, and it's worth taking a lunch on this hike. Be sure to study the map signs at the trailheads before descending into the park. It would be great if the city of Olympia provided simple paper maps at the trailheads. The Loop Trail is 1.4 miles. The hike from the main park trailhead on Henderson Boulevard to the 22nd Avenue trailhead is about 0.7 mile. The hike from the main trailhead to Eastside Street is about 0.6 mile.

Equipment

Good hiking shoes, sunglasses, cameras, binoculars, rain gear -- this place is a damp, mossy rain forest -- water and food. There are no water fountains here!

Parking

There is parking at the Henderson Boulevard trailhead.

Directions

Take Exit #105 off I-5 follow to Port of Olympia to Henderson Boulevard. Go on the round-about and take a left onto Henderson. Look carefully for the parking area on your left. There also are entrances on Eastside Street and 22nd Avenue.

Restrooms:

There is a portable toilet at the main Henderson Avenue parking lot.

Safety:

Keep a close eye on children, as many dense thickets and gooey swamps lurk just off the trail. Signs ask hikers to stay on the trail at all times. Steep slopes -- with no guardrails -- border some sections of the trail. Watch for tree roots in some parts of the trail.

History:

Wells in this area provided Olympia's drinking water from the late 1800s to the early part of the 1950s. It's possible to spot some of the old water works. In 1955, the property was to be sold and logged, but citizens worked to keep the area pristine. A sign near the main trailhead on Henderson Boulevard introduces hikers to local conservationists who fought to preserve the park.

Rules

No camping, fishing, alcohol or firearms allowed. Dogs must be on leashes, and plastic bags for pet waste are available at the trailhead. Running, cycling and jogging are not allowed on the trail.

More information:

Call Olympia Parks, Arts and Recreation Department at 360-753-8380 or go to www.ci.olympia.wa.us. Or <http://olympiawa.gov/community/parks/parks-and-trails/watershed-park.aspx>



David Terry Seymour



David Terry Seymour, 65, left this earth on Tuesday, February 26th, 2013, in Federal Way, WA.

David was born on September 26, 1946 to Roy and Clara (Bagley) Seymour in Taholah, WA. He graduated from Moclips High School in 1968 and never married, but had lots of wives.

Mr. Seymour was one of fourteen children and was the first of his family to graduate from high school. David grew up in Taholah and was a member of the Quinault Indian Nation's Veterans Association. He excelled in basketball at the Moclips High School and joined the U.S. ARmy after graduating.

David was also a lifetime member of the veterans of Foreign Wars and he served in Vietnam where he was awarded a purple heart for his heroic efforts. After his honorable discharge, he went on to work with the NOAA (National oceanography Atmospheric Administration). He also worked in the logging industry, driving dump trucks, etc., with Jackson Logging and exercised his treaty rights as a commercial fisherman under the Medicine Creek Treaty. David has worked the last 24 years in law enforcement for the Puyallup Indian Tribe. David also worked for the Squaxin Island tribal police department from 1987 - 1995. He was the Fire Arms Instructor for many

tribes.

David was a believer of the Indian Shaker Church. he was on the Grays Harbor Pool League where he enjoyed spending time with family and friends. His family shared that he was a very generous man with a huge heart and a great sense of humor up until the very end. Even though he never married, he helped raise many of his nieces and nephews. He loved being on the water and was very familiar with all the waterways and inlets of Southern Puget Sound.

He was instrumental in the building of the first Squaxin gymnasium. He enjoyed chasing women, always telling us he was looking for a new auntie or sister-in-law for us. Some of his hobbies included visiting and playing the lottery at Top Foods, Safeway and Albertson's in the Olympia area, playing golf with his buddies from the Puyallup police department and also liked to hunt, bake bread and enjoyed his new, but classic 1940 Chevy Coupe.

He will be greatly missed by his family, friends and coworkers, who loved him dearly. He is survived by his sisters, Lila Jacobs and Elizabeth Perez, both of Kamilche; brother Phillip (Lynell) Martin, Taholah and numerous nieces, nephews and cousins.

David is preceded in death by parents Roy and Clara (Bagley) Seymour; siblings, Lewis and Francis Jr. Napoleon, Thelma Capoeman, Ed Claplanhoe, Lucille Hause, Lavina Reeves, Marjorie Hill and Roy Joseph and Mabel Seymmour.

Donations can be made to Children's Hospital and Regional medical Center, P.O. Box 50020, Mailstop S200, Seattle, Seattle, WA 98145.

Services were held at Little creek Casino Resort Event Center on Tuesday, March 5, 2013 at 10:00 and burial followed at Sunset Cemetery in Hoquiam, WA. A very long caravan of police vehicles escorted David to his final resting place. These included Quinault, Puyallup, Squaxin Island, Tulalip, Lummi, border patrol, Fish & Wildlife, State Patrol, and the Cities of Hoquiam, and Aberdeen. A reception followed the burial.

Arrangements were by McComb Funeral Home.

Thank You from the Family

Our hands go up to each and every one of you who helped with the service, dinner & burial for our dearest uncle/brother, "David T. Seymour." Thanks to you all, we were able to give our uncle/brother the beautiful, honorable & respectful farewell that he truly deserved!

Please forgive us if we forgot anyone: **Squaxin Island Tribal Council, Little Creek Casino Resort** (for food provided to the family), **Michael Starr** (for letting us use the Event Center), **Quinault Indian Nation** (for fish, clams & crab, as well as leading the procession to Hoquiam), **Puyallup Tribal Law Enforcement and all the officers** (for standing watch with Uncle David 24-7, from the day he passed until the day uncle he was placed to rest), **Puyallup Tribal Council** (for generous donations), our **Shaker Ministers/Elders: Pearl (Rocky) Buck and Mike & Rose Davis, Brooks Farrell** (for singing "Amazing Grace"), **Rhonda Foster & Melissa Puhn** (for making cedar roses), **Joshua Whitener & Jolene Grover** (for doing the Power Point & program), **Family Services along with each & every volunteer** (who helped cook, clean & set up the dinner), **Information Services** (for providing assistance at the service & dinner), **Maintenance** (for the set up), and last but, not least, all the tribes that were involved in the procession, starting w/ the Quinault Nation who led the way, the Puyallup Tribal PD, the Squaxin Island PD, the Lummi PD, Swinomish PD, the Border Patrol, State Patrol, Fish & Wildlife patrol, Aberdeen PD, & the Hoquiam PD.

With all our love - the Seymour-Martin-Napoleon Clan



Socorro Bernal

Socorro Rivera Bernal, 75, a cook for the Squaxin Island Tribe's Elders for many years, died at home on March 9th. She was born on October 1, 1937, in Nogales, Sonora, Mexico, to Manuel and Dora Castro.

After graduating high school, she immigrated to the United States and later became a U.S. citizen. She lived in Arizona and California before settling in Washington in 1980. She retired in 2007 from cooking for the Elders of the Squaxin Island Tribe, and cleaned the offices of Hoss and Wilson-Hoss.

She was a founding member of Gospel Lighthouse Church of Shelton, which she attended for more than 30 years. Her interests were her family, cooking, gardening and reading novels and the Bible.

She was known for her selfless giving of time, love and resources to those she loved and to strangers. She loved to teach others how to cook and no one left her house hungry. She was fondly called by many as simply "Nana."

She is survived by sons Richard (Christine) Bernal, Robert (Heather) Bernal, David (April) Bernal, (William (Lilly) Bernal and Rocky (Crystal) Bernal; daughters Irma Bernal and Linda (Ronny) Clark; grandchildren Rachel Bernal (whom she raised and later was her caregiver), Laura Dalena, Terra, Isaiah, David, McKenzie, Robert, William, Ronnie, Stephanie, Manuel, Tristan, Hannah, Richard, Madelyn, Samuel and Macy; and great-grandchildren Alexis, Josiah, Alina, Kayla, Ileana, Gabriel, Jacob and Zion.

A memorial service was held at 7:00 p.m. on Friday, March 22, at Gospel Lighthouse Church. Online condolences can be sent to mccombfh.com.



Native Business: Building a Private Sector Economy

Jim Stanley - It is wonderful to hear leaders throughout Indian Country talk about economic development and their desire to improve conditions so that individual tribal members may start and sustain their own businesses on and around the reservation. There is much to be done at many levels in order to conjure up a healthy ecosystem. Political leaders have the tools to create systematic changes using policy, commercial codes, and zoning laws. Third parties such as foundations, banks, and community development financial institutions play a role by providing technical assistance or capital to individual members or Tribal government. The injection of capital into the hands of individuals or sovereigns builds assets, ideally income producing assets, that over time have the effect of diversifying the local economic ecosystem where a dollar circulates multiple times between businesses, speeding up activity, creating jobs, and making communities more resistant to economic downturns. Individuals can do their part by getting an education, participating in technical assistance classes, and finding ways to gain experience in the industry sector they may want to run a business.

It is commonly known one of the greatest barriers to growing a business is access to capital. Capital is other people's money -and those people looking to lend their money want to know three things:

- 1) How much money does the borrower want?
- 2) For what will the money be used?
- 3) How will the borrower pay me back?

The best way for a borrower to respond is answer these three questions simply utilizing the support of financial information like an income statement and balance sheet. Lenders become very interested in lending when a borrower can concisely walk into a meeting requesting a specific dollar amount, explaining exactly what (s)he will spend the money upon, the change it will cause in their business, and how it increases the net income after operations to meet the lender's payments -on time and as agreed.

Speaking generally in regards to small business owners, they are good at operations and sometimes get into business for themselves after being an excellent employee for a period of time. Having talent, experience, and passion are an excellent start but to truly build a sustainable enterprise the owner must have a strong understanding of their operating mechanisms. The income statement will show how dollars flow into a business, the dollars it takes to produce a product or cover the cost of ongoing operations and at the end of a period of time whether the business makes money or loses money. If a business makes money- good; then the question is, how much money in exchange for the owner's time? If the business loses money then something needs to change or the business will die. The balance sheet describes the overall health of the business and is a tool to understand working capital needs, and leverage.

Knowledge to learn this fiscal language takes time and practice. The good news is a business owner does not need to be an expert overnight. They can obtain the management advice immediately by surrounding themselves with professionals like an accountant or a local Native Community Development Financial Institution (or other technical service provider) and then build their skills over time as they work with the professional. Business is not easy but for those whom possess the will and stamina, it can be a very rewarding experience.

Jim Stanley freely shares his knowledge in an effort to foster economic development success in Indian Country. He is a tribal member of the Quinault Nation, Treasurer of the Tribal C-Store Summit Group, and Chairman of the Quinault Nation Enterprise Board.



Save The Date!

SPIPA's 13th Annual
**Dinner & Native
American Art
Auction**

April 13, 2013

**Dinner • Live Auction
Silent Auction**

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Randy Capoeiman's 'Emerging'



*This Popular Event Is Always
Well Attended So Please
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• Tickets \$ 75.00 •

Revenue Raised Benefits Our Tribal Youth and Elders

- Doors Open at 5:30 •
- Invocation and
Welcome 6:00 •
- 6:15 Seafood Buffet! •
- 7:15 Live Auction •
- High End Silent Tables Have
Amazing Pieces this Year
Don't Miss Out!



Elders' Corner

Greetings to all of our Squaxin Island Elders. I extend a very special welcome to our newest Elders: in the month of March we wish a belated happy birthday to Jon Brownfield, Vicky Engel, Lucke Newell and Andrew "Andy" Whitener. In November 2012 David Whitener Jr. was added to the ranks of "Elders" and in December we had Patti Puhn and Penni Giles join this "elite" group.

Elders' Corner is created to get more information out to our Squaxin Island Elders about ongoing activities, upcoming trips, and to celebrate with our Elders any and all special happenings in their lives.

I am honored to have this opportunity to work with our Elders as the Activities and Services Coordinator. What does that mean? YOU tell me. I want the Squaxin Island Elders' Program to be a program run by the suggestion and comments of the Elders. I would LOVE to see our Elders' Building busy ALL of the time and filled with laughter of the Elders socializing and doing fun activities. We need your input. I invite All Squaxin Island Elders and spouses to contact Kurt Poste, our newly hired Activities and Services Assistant or I, Elizabeth Heredia, at (360) 432-3868. One of us should be available to assist you. Please feel comfortable in sharing with either one of us your ideas and needs that we can assist.

We are in the process of making a yearly calendar of activities and events. Some of the big events going on this year are: our Biannual Squaxin Island Elders Host Luncheon at Little Creek Casino Events Center on Friday, October 11th., (We had over 650 attend our last Host Luncheon in 2011), our Elders' annual big fund-raising event at Oyster Fest in Shelton the first weekend of October, (Last year our Elders won second place overall food booth and raised more funds than any other year!!), and we continue planning and funding day trips as well as some overnight trips to areas of interest.

As you can see, we have a very busy year planned and we really could use your help making gifts for give-aways at our Host Luncheon. Please come to the Elders' Building! We are here Monday through Friday from 9:00 a.m. to 4:00 p.m. and later on Wednesdays. We have lunch available for Elders on Mondays, Tuesdays (soup and sandwich) and Thursdays. Lunch is served to Elders first from 11:45 to 12:15. Staff and other community members can have lunch for \$4 after Elders have been served. On Wednesdays we have a dinner available at 6:00 p.m. You can check out the menu at the Elders Hot line at 432-3845 or check us out on Facebook at Squaxin Island Elders.

Squaxin Island Elders' Inc. meets at the Elders' Building every first Thursday of each month (we have been trying Wednesday evening meetings once every few months also to accommodate some of our working Elders). The Thursday meetings start after lunch about 12:45. The Wednesday evening meetings are after dinner about 6:30. These meetings are open to all Squaxin Island Elders and their spouses. Please attend these meetings to hear more about the ongoing activities. Minutes of these meetings have been mailed out each month (however, we are considering going paperless and posting the minutes on our tribal website). We will keep you updated.

I also wish to remind our local Elders that Little Creek Casino and Resort has gifted us a buffet dinner once a month. It is on the third Thursday of each month at Little Creek Casino. They have also hosted Super Bowl Parties for us with great food and big screen TV's (and this year they even provided some comfy couches in front of the TV-we had trouble getting some Elders to go home). Little Creek Casino is wonderful to our Squaxin Island Elders. They are presently gifting us a set amount of tickets for every BIG event or concert held at the Event Center. For more information on how to get in on all this fun, come by the Elders' Building and we will tell you all about it.

We will end this first segment of the "Elder's Corner" by wishing all of our Elders with April Birthdays a very Happy Birthday. Happy Birthday to Kathy Ann Brandt, Jacqueline Crenshaw, Cheryl Hantel, Carolyn Hoosier, Lila Jacobs, Robert James, Janice Leach, Bill Lopeman, Jeff Peters, David W. Peters Sr., Kenneth Selvidge Jr., Marie E. Snyder, Dorinda Thein, Jon Vanderwal and Douglas Zura.



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Cradle Board Class for SQUAXIN ISLAND TRIBAL MEMBERS (only)

Space is limited for *MOTHERS TO BE & OR NEW BORN babies*
of 2013.

Classes Start Wednesday, April 3rd 12:00-NOON

Where: Squaxin Island Museum Classroom

Supplies and Lunch are provided
Contact: Ruth Whitener 360-432-3841
rwhitener@squaxin.us

SQUAXIN ISLAND MEMBERS Only!



There are still appointments available in April for free tax preparation. All tax preparers have taken the required classes and are certified through the IRS. Consider using the Free Tax Site for your taxes this year, think of the money you would save!

FREE TAX PREPARATION SITE (BASIC RETURNS)

Administration Building – 2nd Floor
February 4 – April 15 2013
By appointment only

This site offers Prepaid Visa Debit Cards for your tax refund.

Accepting Applications!!!!

The Office of Housing is accepting applications for low income housing. Please contact Lisa Peters at 432-3871 for an application.

A Reminder to All Tenants Living in Squaxin Housing

Housing Code 11.20.100 Tenant Responsibilities

Except as otherwise provided in a rental agreement, each tenant subject to the provisions of this code shall:

(H) Not give up the premises to others, assign or sublease the premises to others whether orally or in writing, without the written permission of the landlord.

(I) Unless otherwise approved by the Office of Housing, any individual leasing a residence or homebuyers under a Mutual Help Agreement shall occupy and maintain it solely for residential purposes and as their primary residence, which for purposes herein shall mean the lessee or homebuyer dwells, resides and continuously occupies the premises for a minimum of twenty (20) days per month.

Celebrate Earth Day (April 22) in the Laundry Room

From cars to schools, today's world is all about going green. Even the products and appliances we use in the laundry room have become more environmentally friendly. Though you may have bought an energy-efficient washing machine, use a concentrated laundry detergent, and recycle your empty laundry-product packages, there still might be more you can do while cleaning your clothes to lessen your environmental impact. (Lessening the actual loads of laundry each week is still a mystery we'd like to solve!)

How can you make laundry day (every laundry day) Earth Day? It's easy. And even the slightest change in routine can have a positive impact on the environment, not to mention your family's finances.

Wash with the Coldest Water Possible

You'll save energy by not heating up the water. Fortunately, many detergents are now formulated to perform well in cold water. Read and follow product package and garment label directions for the most effective water temperature to use. Switching your temperature setting from hot to warm can cut energy use in half, and using the cold cycle reduces energy use even more (www.EnergyStar.gov).

Select the Right Amount of Water for Each Load

- Avoid overfilling your washing machine, and save water and energy.

- Spin Your Clothes at the Highest Recommended Speed
Ever seen dogs come out of a pool or lake? They don't just stand there and drip dry — they shake all over the place. This helps them get rid of the excess water on their fur and dry faster. Same goes for your washing machine. The spin cycle "shakes" (removes) the water from your clothes. The faster it spins, the more water gets removed. The less time your clothes have to spend in the dryer, the more energy (money) you save.

- Use the Right Amount of Detergent for the Washer and the Load

- Read the instructions for your washer and on the detergent package.

Speaking of Detergent

If you haven't already switched to a concentrated detergent, you might want to consider doing so. Why? A concentrated product comes in a much smaller package. You'll get the same number of laundry loads out of a smaller bottle, but uses much less plastic. And these smaller bot-

tles take up less space on a delivery truck, which reduces the energy costs to transport them from the manufacturer to the store. (It's easier to carry a small jug from the store into the house. Unless of course you prefer the upper-body workout.)

Twofers, Anyone?

Instead of buying a separate bottle of bleach or fabric softener, consider looking for a two-in-one product — such as a detergent with a built-in stain remover. Again, less packaging (which takes energy to produce) and lower shipping costs.

The Best Time for Laundry

As we head into warmer weather, deciding when to do your laundry can determine the amount of energy you use. Running appliances creates heat, so use the washing machine and dryer at night when it's cooler outside. This way, you won't have to use more energy to cool your house during the day.

Don't Forget to Recycle!

Nothing like squeezing out the last drop of detergent to make it go farther (store nearly empty jugs upside down and you may find enough for a whole other load!). When you've really gotten to the end of a bottle, please dispose of it properly. Rinse and re-cap the empty container to protect pets and young children, and put it in the recycling bin.

Source:

American Cleaning Institute - Cleaning Matters Newsletter





How to build credit from scratch

Whether you are just starting out or starting over, figuring out how to build credit can be confusing. Don't let it overwhelm you. There are some simple steps you can take right now to establish credit. Before you know it, lenders will be chasing you with offers.

No. 1: Check your credit. If you haven't established credit, this advice may sound pointless. Unfortunately, though, children are sometimes the prime target of identity theft and some young adults who apply for credit for the first time discover their information has already been used by someone else to get credit. Request your credit report at AnnualCreditReport.com to make sure you don't already have a credit history.

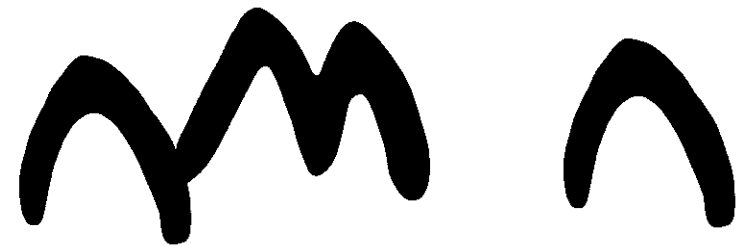
No. 2: Get your first credit reference. Your first credit reference will establish your credit history but it can "take credit to get credit." That's why a secured credit card is often a popular way to get started. With a secured card, you'll place a security deposit with the financial institution and, in turn, get a card with a credit limit that is usually equal to the deposit. Choose a card that reports payments to the major credit reporting agencies (Equifax, Experian and TransUnion) and you'll be able to establish credit with all three of them. Other ways to build credit include getting a car loan, retail credit card or student loan.

No. 3: Use it but don't abuse it. Use your new secured card to purchase things you'd buy anyway -- gas or groceries, for example -- but don't charge it up to the limit. Ideally, you want to use about 10% to 20% of your available credit in order to maintain a positive "debt-to-available-credit ratio." That means that if you have a card with a \$300 credit limit, you'll want to charge only about \$30 to \$50 a month on the card. It may not sound like much, but even that small activity will help you establish credit.

No. 4: Pay your bills on time each month. Your payment history counts for about a third of your credit history, so make sure you keep it squeaky clean. One late payment can mean a big drop in your credit scores. Set up online alerts or mark your calendar so you don't let a due date slip by.

No. 5: Round out your references. The best credit scores go to those with a well-rounded credit history that includes several different types of loans -- all paid on time, of course. So once you've had that first credit card or loan for at least six months, consider getting another loan of a different type. If your only credit reference is a credit card, for example, you may want to get a personal loan or auto loan. If you have only a student loan, then it would be a good idea to get a credit card.

No. 6: Monitor your credit and scores. Once you understand how to build credit, you have to maintain it. If you've put in the effort to build good credit scores, the last thing you want is to let a mistake ruin all that hard work. So get your free credit reports each year at AnnualCreditReport.com. Look for unusual activity or changes that can indicate a problem. Hopefully, all you'll see is progress toward establishing great credit!



Get Your Lawn Mower Ready for Spring

When your grass starts its spring growth surge, it will soon need mowing. Having your mower ready to go will help you stay ahead of the growth and keep your lawn looking neat. Here is a checklist of basic annual maintenance for power mowers. Any of these tasks that weren't done in the fall should be performed now.

Tune It Up

For safety reasons, the first step in doing any work on your mower is to remove the spark plug. Install a new one when you're done with the other maintenance. Clean the air filter if your mower has the foam type, or replace the filter if it's a paper one.

Change the Oil

Remove the oil drain plug at the bottom of the engine and let the dirty oil run out into a container. When it's completely drained, replace the plug and refill the crankcase with the type and quantity of oil recommended in your owner's manual.

Sharpen the Blade

A dull mower blade can shred the tips of your grass, causing your lawn to turn brown, so sharpen the blade at least once a year. Always remove it from the mower for sharpening. If the blade has large nicks in the cutting edge from hitting rocks or other debris, you should replace it. While the blade is off, it's a good time to clean the underside of the mower.

Clean It Top and Bottom

Use a strong spray of water and, if necessary, a putty knife to remove any grass caked on the underside of the mower deck. Clean the top of the mower as well, using a rag or brush to get grass clippings, leaves, and other debris off the deck and out of crevices around the engine and wheels. Once it's clean, you can wax the deck to keep grass and dirt from sticking to it.

Lubricate the Moving Parts

Your mower will work better and last longer if you keep it lubricated. Oil the wheel bearings and other moving parts, following the instructions in your owner's manual. Be sure to wipe off any runs of excess oil.

A Good Investment

With proper maintenance, your lawnmower can last for many years. Regular mower maintenance will also give you a better-looking lawn and assure that the machine is ready for duty when you need it. If you don't want to do the work yourself, these annual maintenance services are offered by mower repair shops as well as many garden centers and hardware stores. They're always very busy in the spring, so it's best to take it to the shop in the fall.



COMMUNITY



Duane Cooper	01
Rene Vigil	01
Seattle Morris	01
Famie Mason	01
Colby Smith	01
Daniel Hall	02
David Peters, Sr.	02
Kaitlyn Sweitzer	02
Tamika Krise	03
Deborah Knott	03
Jacqueline Crenshaw	03
Janice Leach	04
Elizabeth Fenton	04
Kathy Brandt	04
Tyler Hartwell	04
Traci Coffey	04
Joseph Harrell	04
Matthew Block	05
Robert James	06
Chauncey Blueback	06
Marie Snyder	07
Tania Korndorfer	07
Rolando Rocero	07
Keesha Vigil-Snook	07
Michael Kruger	07
Carolyn Hoosier	07

Happy Birthday

Marcella Cooper	08
Nolah Cousins	08
Mi'chelle Mach	08
Rodney Krise Jr.	08
William Henderson	09
Juan Araiza	09
Cheryl Hantel	09
Andie Cousins	09
Alexander Henry-Castellane	09
Lila Jacobs	09
Kiana Henry	09
Kenneth Selvidge, Jr.	10
James Giles	10
Antonia James	10
Joanna Cowling	10
Talon Beattie	11
Darren Ford	12
Russell Harper	12
Dorinda Thein	12
Latiesha Gonzales	13
James Peters	14
Debra Peters	14
Haelee Hernandez-Smith	14
Grace Pugel	15

Ronald Schaefer	16
Jeffery Peters	17
Dena Cools	17
April Melton	17
Skylehr Henry	17
Douglas Johns	18
Daniel Kuntz	18
Trinity Byrd	19
Sande Smith III	19
Elisha Peters-Guizzetti	19
Jolene Grover	20
Vicky Turner	20
Louise Rioux	20
Pamela Peters	20
Elizabeth Obi	21
Chasity Villanueva	21
Joshua Whitener	21
Tyrone Seymour	21
Emily Sigo	21
Edward Henry I I	21
Jon Vanderwal	21
Tracy West	21
Sarah Koshiway	22
Randy Koshiway	22
Rebecca Keith	23
Tristian Isaiah Villanueva	23
Ronald Bell	23
Cameron Goodwin	24
Syncere Ho	24
Casey Krise	25
Cynthia Parrott	25
Larain Algea	25
Dawn Caasi	25
Chauncy Blueback	26
Russel Algea	26
Becky Barker	27
Douglas Zura	27
Anthony Johns	28
Wesley Whitener	28
Claudia Gouley	29
Redwolf Krise	29
William Lopeman	29

What's Happening						
	1	2	3	4	5	6
			Family Court	Culture Night 5:00 p.m.		Waves of Perfection
7	8	9 Fireworks Fees Due Criminal/Civil Court	10 MLRC Basket Class	11 Culture Night 5:00 p.m. Council Mtg. AA Meeting 7:30	12	13 SPIPA Art Auction
14	15 NR Auction Bids Due	16 Candidates Forum 5:00 Elders Bldg	17 MLRC Basket Class	18 Culture Night 5:00 p.m. AA Meeting 7:30	19	20
21	22	23 Criminal/Civil Court	24 MLRC Basket Class	25 Culture Night 5:00 p.m. Council Mtg. AA Meeting 7:30	26	27
28	29	30 Candidates Forum 5:00 Elders Bldg				

**Happy Birthday
Mocosa Guiojosa
Love,
Mom
Your Mom & Dad!!!**



COMMUNITY



April Menu

Mon. 1	Taco Pie
Tues. 2	Soup & Sandwich
Wed. 3	Pork Roast
Thurs. 4	Rice & Beans
Mon. 8	Hamburgers
Tues. 9	Soup & Sandwich
Wed. 10	Baked Ham
Thurs. 11	Spaghetti
Mon. 15	Stir Fry
Tues. 16	Soup & Sandwich
Wed. 17	Baked Fried Chicken
Thurs. 18	Fish & Chips
Mon. 22	Indian Tacos
Tues. 23	Soup & Sandwich
Wed. 24	Chicken Alfredo
Thurs. 25	Tilapia Mango Salsa
Mon. 29	French Dip
Tues. 30	Soup & Sandwich

Happy Birthday Jolene Renee'



We love you lots!

Happy 11th Birthday Kiana Jean!



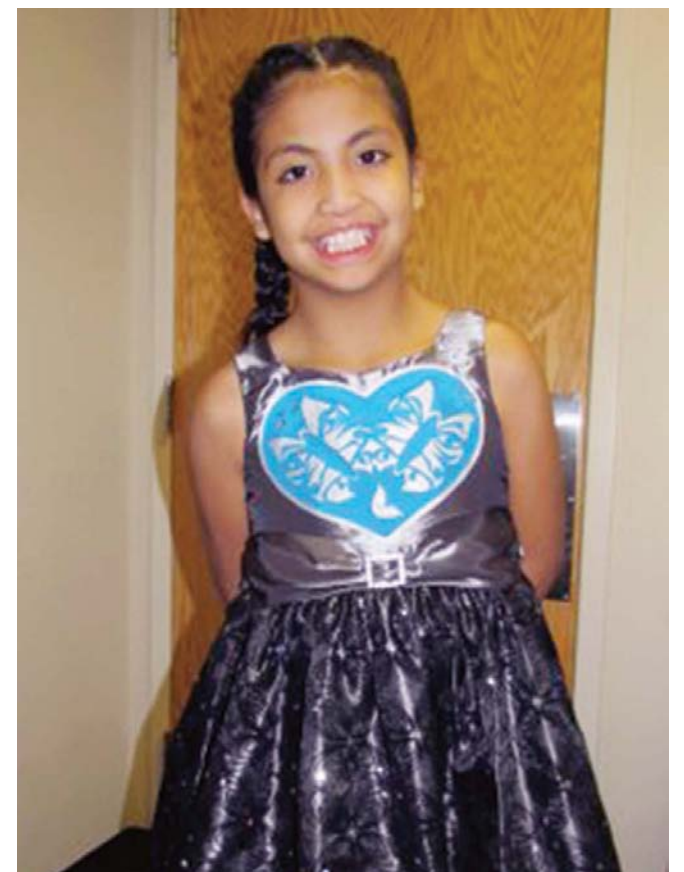
Love all of us.....

Happy Birthday Big Sister (Marie)



**All our Love,
The Seymour Family**

**Happy Birthday Wes
Love,
Your Mom & Dad!!!**



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- The Way You Do The Things You Do
- (Your Love Has Lifted Me) Higher and Higher
- I'd Rather Leave While I'm in Love
- The Closer You Get

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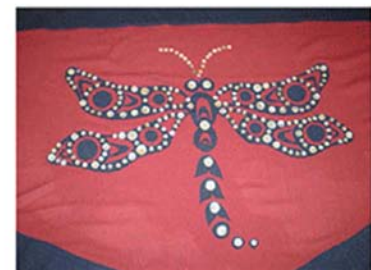
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Must be 21 or older. Call for Skyboxes.



Squaxin Island Museum
Would like to help *Squaxin Island* tribe
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For **HIGH SCHOOL, GED, or COLLEGE**
GRADUATES ONLY



If you have a graduate honor their hard work with a
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Where: Squaxin Island Museum classroom
When: Every Wednesday 3:00-7:00
Contact: Ruth Whitener 432-3841

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